



Home Fall-Risk Checklist

A Room-by-Room Safety Guide for Seniors & Caregivers

Instructions: Walk through each area of the home and check items that apply. Any unchecked box may indicate an opportunity to reduce fall risk.

Entryway & Hallways

- ☐ Walkways are clear of clutter, shoes, bags, or mail
- ☐ Rugs or mats are secured with non-slip backing
- ☐ Floors are even and free of loose boards or thresholds
- ☐ Adequate lighting is available at all times
- ☐ Light switches are easy to reach from entrances

Living Room

- ☐ Furniture allows for clear walking paths
- ☐ Chairs and couches are easy to get in and out of
- ☐ Cords are not crossing walkways
- ☐ Throw rugs are removed or secured
- ☐ Frequently used items are within easy reach

Kitchen

- ☐ Floors are dry and non-slippery
- ☐ Step stools are sturdy and used instead of chairs
- ☐ Frequently used items are stored at waist or chest height
- ☐ Adequate lighting over counters and walkways
- ☐ No loose mats near the sink or stove

Bathroom

- ☐ Non-slip mats inside and outside the shower or tub
- ☐ Grab bars near toilet and shower
- ☐ Toilet height allows for easy standing
- ☐ Towels and toiletries are within easy reach
- ☐ Bright, glare-free lighting

Bedroom

- ☐ Clear, well-lit path from bed to bathroom
- ☐ Bed height allows feet flat on floor when seated



- ☐ Nightlights available for nighttime movement
- ☐ Phone, glasses, or assistive devices within reach
- ☐ Rugs near bed are secured or removed

Stairs (If Applicable)

- ☐ Handrails present and secure
- ☐ Steps are even and in good condition
- ☐ Stairs are well lit top to bottom
- ☐ No items stored on steps
- ☐ Non-slip stair treads used if needed

Footwear & Daily Habits

- ☐ Shoes fit well and have non-slip soles
- ☐ Avoid walking in socks only
- ☐ Stand slowly and pause before walking
- ☐ Assistive devices used as recommended
- ☐ Sit if feeling dizzy or unsteady

Next Steps:

If you checked any items above, small changes can make a big difference. A physical or occupational therapist can help improve balance, strength, and safety at home.

A Plus Care provides in-home physical and occupational therapy focused on safety, mobility, and independence.